

# Teen Fitness

## TEEN SPORTS SPECIFIC PERSONAL TRAINING

Our teen sport specific personal training will cater to teens ages 13-17 to encourage, engage and provide expertise for sport specific personal training. Our certified personal trainers will guide you through a personalized program that gives you fast and safe results. The most effective and efficient training methods and regimens will be used: plyometrics, resistance band, bosu, free weights and cardiorespiratory training.

Location: Centennial Recreation Center

Fees: \$65 per session (individual sessions)  
 \$270 6-session package @ \$45 per session  
 \$480 12-session package @ \$40 per session  
 \$576 16-session package @ \$36 per session  
 \$630 18-session package @ \$35 per session  
 \$816 24-session package @ \$34 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals.



## YOUTH STRIVE

We're excited to offer a new line of equipment designed primarily for youth. Join us for an all inclusive circuit training class to help our youth/teens learn proper resistance training techniques, posture, increase self-confidence, self-esteem, strength-conditioning and foremost establish relationships amongst their peers and our staff. (Prerequisites-Must have completed YST Certifications Level 1-3)

Instructor: Fitness Staff

Location: Centennial Recreation Center, Fitness Center

Activity#	Date	Day	Time	Age+	Sessions
FCRF009	9/7-9/28	T	4:15pm-5pm	9yrs+	4
FCRF010	10/5-10/26	T	4:15pm-5pm	9yrs+	4
FCRF011	11/2-11/23	T	4:15pm-5pm	9yrs+	4
FCRF012	12/7-12/28	T	4:15pm-5pm	9yrs+	4

Resident: \$40 / CRC Member: FREE

Non Resident: \$45 / CRC Member: FREE

## YOUTH STRENGTH TRAINING



If you are between 9 and 16 years old, these one-on-one training sessions are designed to help you achieve your health and fitness goals. The Youth Strength Training program has four different phases each consisting of about 1 hour each. Each phase is designed to cover different topics such as stretching techniques, proper nutrition, introduction to our Fitlinxx system, cardio machines, and our new Strive Strength machines. All youth ages 9-12 years old must go through our YST program before utilizing the Fitness Center and we highly encourage youth 13-16 to get certified as well. At a minimum, youth will need to complete phase 1 to utilize the fitness center. Each phase will need to be completed in consecutive order and parent(s)/guardian(s) must be present for the first appointment.

Phase 1: Introduction to cardio equipment

Phase 2: Strive Strength Part 1

Phase 3: Strive Strength Part 2

Phase 4: Cybex Strength Equipment

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Center

CRC Member: FREE

Sessions should be scheduled at the Welcome Center or with a Fitness Staff

TEENS

